

The following three guided imagery narratives were collaboratively created using scenes and imagery supplied by teen girls in treatment at Willamette Family, Inc.

1. A Relaxing Afternoon in the Garden

Lie on your back or sit comfortably in a chair. Uncross your arms and legs. Allow your body to naturally and easily relax into where you are sitting. Let your body move around as it needs to, releasing any tension you may be holding and letting yourself become more and more comfortable. Ask your mind to ask your body to fully relax. Give the full weight of your body to your chair and let go of any tension in your body. If you are comfortable doing so, allow your eyes to close. Breathe in and out easily and completely. Imagine that a healing light surrounds you. Breathe that light into your body, letting it fill you completely. Breathe out any tension or anxiety. With each breath, breathe in peace and breathe out negativity. Breathe in and out easily and completely, breathing in the healing light with peace and relaxation and breathing out tension and anxiety. Notice a relaxing feeling in your body, starting from your feet and toes, moving up your legs, up through your belly and chest, into your arms, up through your throat and all around your face and inside your head. Breathe in and out easily and completely. Imagine your whole body filling with light and peace.

Continue to focus on your breathing and allow yourself to become more and more relaxed. As your sense of peace and calm deepens, imagine yourself being in a place where you are completely safe. Picture yourself spending a relaxing and quiet afternoon in a garden. You can leave any concerns or worries you might have outside of the garden and allow yourself to completely enjoy some relaxing time alone in this special place. It's a warm, summery day in the middle of the afternoon. You can see little patches of clear blue sky through willow tree branches that are gently being rustled by a slight breeze. You have this lovely garden all to yourself.

You are sitting in the shade comfortably reclining on a little stone bench. The surface of the bench is pleasantly cool. There's a glass of fresh lemonade with a tiny umbrella in it sitting next to you on the bench. As you lie there in the shade enjoying the quiet peace of the garden, the air tastes fresh and sweet and smells of jasmine.

Weeping willow branches hang down around you. You can see a few butterflies flitting through the branches. You can hear some little birds singing and a handful of squirrels are busy running around the branches. This old, comfortable, safe garden is nicely overgrown with ivy. It is surrounded by a half-circle of low stonewall. There are colorful flowers scattered here and there in the garden. A nice carpet of grass grows in places that aren't covered with ivy. There's a little stone-edged pond just to the right of where you are sitting. The pond is surrounded by ivy and has lily pads growing in it. Some goldfish live in the water of the pond and small frogs play in the ivy on its banks. A small white sailboat is floating in the water. You can just reach it if you like, and nudge it gently so that it moves slowly around the pond.

As you relax in the shade and enjoy feeling safe and fully relaxed by yourself in this special garden, your thoughts just quietly drift along. Give yourself a little time to fully enjoy relaxing in your safe, private garden. Notice what you can see, how things smell, what sounds you hear. Most importantly, notice how relaxed and stress-free you feel in this safe place. Let yourself fully enjoy your time in the garden. When you are ready, you can allow yourself to return your awareness to the room you are sitting in. But for now, let yourself fully enjoy your time in your special garden. This is a place and a feeling you can return to at any time - no matter where you are. Relaxing and breathing lets you into this garden and being relaxed is what you take with you when you leave.

When you are ready, slowly let your awareness return to your body. Begin to wiggle your toes and fingers. Whenever you feel ready, you can let your eyes open. Take a deep breath and stretch your arms and legs. Remember that you can return to this garden whenever you like.

2. A Day at the Beach

Lie on your back or sit comfortably in a chair. Uncross your arms and legs. Allow your body to naturally and easily relax into where you are sitting. Let your body move around as it needs to - releasing any tension you may be holding. Give the full weight of your body to your chair and ask your mind to let your body fully relax. If you are comfortable doing so, let your eyes close. Imagine a healing light surrounds you. Breathe that light into your body letting it fill you

completely. Breathe out any tension or anxiety. Breathe in peace and breathe out negativity. Breathe in and out easily and completely - breathing in peace and relaxation - breathing out exhaustion and disappointment. Breathe in and out easily and completely without a pause between inhalation and exhalation.

As you are sitting there relaxing and letting go of tension, imagine yourself enjoying a day at the beach. You are lying in a hammock between two palm trees in the early afternoon. The hammock is slightly swaying in a light breeze. The sun is shining overhead, but the hammock is in the shade. It's warm but not too hot and there's a friendly, warm, light rain sprinkling down. You are lying there with your eyes closed and allowing yourself to fully enjoy feeling safe and being alone on this private beach. You notice lots of wonderful smells around you - the smell of the ocean air, the smells of fresh fruit and flowers, and the scent of freshly cooked hotdogs floats your way from somewhere nearby.

As you lie there, you can hear the ocean waves gently washing up on the sandy beach. There are sounds of monkeys and birds coming from the trees. The gentle breeze is rustling the palm leaves and the coconuts are lightly bumping into each other making little conking sounds. Way in the distance, high in the air, there is a small plane buzzing around. The plane has a large banner trailing after it that you can read. This banner has a special message on it just for you. Imagine what special message you would most like to receive as you are relaxing and enjoying yourself on this private beach. Read that message on the banner.

Although your eyes are closed, you might choose to open them and look around. If you did that, there would be lots of beautiful and wonderful things to see. Looking up, you would see that there are coconuts growing in the palm trees. You would also notice monkeys and tropical birds in the trees and lovely butterflies flitting around. And hummingbirds too. Can you hear the humming sound that their wings make as they flutter about? It sounds a little like it does when you flip quickly through pages in a book. Imagine you can hear the high-pitched chirpy sounds that they make from time to time. And in the sky there are lots of fluffy white clouds that look like cotton balls. If you want to take the time, you can watch the clouds and imagine seeing different shapes made by them. What shapes do you see in the clouds?

As you take in your surroundings, you notice a mango tree nearby with a brightly colored toucan (the Fruit Loops bird) in it. There are lovely flowers - maybe

daisies? - growing at the base of the trees. Oh look! There's a baby white Siberian tiger cub rolling around and playing with the butterflies in the flowers. One of the monkeys brings you a freshly picked banana and offers to peel it for you. With a slight nod of your head, the monkey immediately understands and begins to feed you the banana. With another slight gesture, the monkey understands you would like a sip of whatever drink you choose. Is it mango juice or coconut juice or some other juice? Whatever juice it is, it feels cool and refreshing as you swallow it. You notice the sounds of dolphins singing to you over the water. If you look out toward the ocean, you can see they are jumping and playing together in the water. Sometimes they jump up as a pair and form the shape of a heart together.

Give yourself a few minutes to fully enjoy your afternoon at the beach. Notice the sights and smells and sounds around you. Notice how calm and relaxed you feel in this safe place. You can stay here as long as you want. Let yourself enjoy this moment as fully as possible. Soon I will ask you to bring your awareness back to this room. But for now, just enjoy being on the beach in this comfortable and safe place. This is a place that you can return to at any time - no matter where you are. Relaxing and breathing lets you into this place and being relaxed is what you take with you when you leave.

When you are ready, slowly let your awareness return to your body. Begin to wiggle your toes and feet. Whenever you feel ready, you can let your eyes open back up.

3. A Peaceful Evening in a Grotto

Start letting yourself get comfortable wherever you are sitting or lying down. Uncross your arms and legs and let yourself start to easily and naturally relax and settle down. Allow your body to move around as it needs to and release any tension you may be holding. Let yourself become more and more comfortable as you relax more and more deeply. Ask your mind to ask your body to fully relax. As the tension is leaving your body and your sense of peacefulness increases, let yourself close your eyes if you are comfortable doing so.

As you are lying there relaxing, notice your breathing. Breathe in and out easily and completely without a pause between inhalation and exhalation. Imagine that a soft, healing light surrounds you. Breathe that light into your body letting it

fill you completely. Breathe out any tension or anxiety. With each breath, breathe in peace and breathe out negativity. Breathe in and out easily and completely without a pause between inhalation and exhalation. Breathe in the peaceful and relaxing light - breathe out tension and anxiety.

Continue to focus on your breathing and allow yourself to become more and more relaxed. As your sense of peace and calm deepens, imagine yourself being in a place where you are completely safe. Picture yourself spending a relaxing and quiet evening all by yourself in a special little grotto. Before entering that space, you can leave behind any worries or concerns you may have been carrying around. In this grotto, you can let yourself completely enjoy some well-deserved, relaxing time in this safe place by yourself. The weather outside is cool, clear, and still. As you look up before stepping into the grotto, you can see numerous stars brightly shining in the night sky. Inside the grotto in the very middle is a natural hot springs that forms a pool. Because the room temperature is cool and the hot springs are quite bubbly and warm, a light mist continually comes off the surface of the pool.

You walk across the grotto to the edge of the pool. You drape the long, pink, fuzzy, hooded robe you are wearing over a chair, take off your fuzzy pink slippers, and get into the comfortably warm water of the all-natural, spring-fed pool. It is only a few feet deep and all the sides have little benches you can recline on while you are in the water. In the center of the pool, there is a juice bar with lots of tropical fruits like pineapples, mangoes, banana and other fruits like cherries and strawberries. Imagine whatever kind of fancy tropical fruit drinks you can --- they are all waiting for you whenever you get thirsty. Each drink has its own straw and little umbrella. There's also a cheese platter and crackers at the fruit bar --- just in case you get hungry.

You pick a place to settle down in the water. As you start to get more relaxed and comfortable, you look down and notice that the pool bottom is a mosaic of smooth obsidian rocks. Now you turn your eyes toward the ceiling. Imagine what you find there ... perhaps some sort of skylight or window that lets you see the twinkling stars in the night sky ... perhaps some sort of a snug roof covers the grotto. Whatever is above you is something that leaves you feeling safe and secure in the warm, bubbly pool of this magical little grotto.

The water is so refreshing. The air smells fresh and carries the soft mist of the many flowers growing in the grotto. These flowers are beautiful to behold. There are glorious reds and oranges, deep purples with yellow insides, and light lavender blooms on a fragrant vine that covers part of the porous lava rock wall of the grotto. Imagine that all your favorite flowers are in bloom ... maybe some irises ... maybe some roses ... maybe some birds of paradise. Whatever flowers you choose, each one of their blooms is brilliant and their wonderful fragrances float throughout the grotto.

This lovely scene is lit by the soft glow of Tiki torches that highlight the flowers and all of the other tropical plants, including the ferns, bamboo, sugarcane, and perfect little bonsai trees. There are colorful butterflies quietly flitting and fluttering around. There is also a sweet, quiet, matched pair of three-toed sloths hanging from the branches of one of the bonsai trees. One of them slowly releases one of her paws and languidly waves it in your direction as if she is welcoming you to the grotto.

As you recline in the warm, bubbly water of the pool, you are able to completely enjoy feeling safe and fully relaxed by yourself in this grotto. Your thoughts idly drift along with the air bubbles in the water. Take some time for yourself to fully enjoy being in this safe, private, special, even magical place. Notice what you can see ... what smells float on the air ... what sounds you can hear. Most importantly, notice how relaxed and stress-free you feel in this safe place. When you are ready, allow yourself to return your awareness to the room you are sitting in. But for now, let yourself fully enjoy your time in your special grotto. This is a place and a feeling you can return to at any time - no matter where you are. Relaxing and breathing lets you into this grotto and being relaxed is what you take with you when you leave.

When you are ready, slowly let your awareness return to your body. Begin to wiggle your toes and feet. Whenever you feel ready, you can let your eyes open back up.